**Module 5 Look after yourself**

**Unit3 language in use**

**基础性作业**

**一、用所给动词的适当形式填空。**1. My brother isn’t at home right now. He \_\_\_\_\_\_\_\_\_\_ (go) to Beijing. He \_\_\_\_\_\_\_\_\_\_\_ (be) there many times. He \_\_\_\_\_\_\_\_\_ (not be) back until next week.  
2. When I got home, my mother \_\_\_\_\_\_\_\_ (go) out for a walk.  
3. He \_\_\_\_\_\_\_\_\_ (finish) his composition just now.

4. All our lessons \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (finish) next month.  
5. \_\_\_\_\_\_ she \_\_\_\_\_ (do) morning exercises every day?

6. In the past few years, another bridge \_\_\_\_\_\_\_\_\_\_\_\_\_ (build) over the Changjiang River.

7. She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (watch) TV while she \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (wash) her clothes.

**II. Try to translate the sentences.**

1．To keep fit, you have to walk at least 10，000 steps every day.

中文：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2．吃新鲜、天然的食物是重要的。

英文：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3．Fast food is not healthy. You should only have it once in a while.

中文：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4．吃太多不适宜的食物将对你的健康有害。

英文：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5．Many doctors believe that happiness is important for our health.

中文：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**III. Read the dialogue and complete the form, pay attention to the tense.**

Doctor: Mr Maxwell, please.

Mr. Maxwell: Hello, doctor.

Doctor: How are you?

Mr. Maxwell: I’m fine. Thank you, doctor, but I need your advice. I want to give up smoking.

Doctor: That’s a good idea. Smoking is very bad for your health. How much do you smoke?

Mr. Maxwell: Quite a lot.

Doctor: Hmm, and when did you start smoking?

Mr. Maxwell: I started smoking when I was 19. That was 25 years ago.

Doctor: Have you tried to give up?

Mr. Maxwell: Yes, I’ve tried several times, but I always start smoking again. Now, my daughter has asked me to give up, and I want to try again. She’s very worried about my health. And I want to succeed this time.

Doctor: Well, let’s see. I’ll do some tests. Have you got a cough?

Mr. Maxwell: Yes, I have. And I’m not fit. I get a lot of colds.

Doctor: Well, it’s a very good idea to stop smoking. Smoking causes many illnesses.

Mr. Maxwell: How can I succeed?

Doctor: One thing you can do is to join a group. That often works because you have other people to help you.

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| --- | --- |
| Where |  |
| Who |  |
| Problem: |  |
| Doctor’s advice |  |
| Your advice |  |

**拓展性作业**

**书面表达**

作为一名中学生，你将如何提高自身的身体素质？请根据图片提示，谈谈自己的打算，必须包括文中图片所给信息，并适当发挥，开头已给出。



My plan to be healthier

It is reported that many young people in China are becoming unfit. Without regular exercise, students are becoming weaker. In order to be healthier, I will...